

REAL HAIR SAVER

If You Would Avoid Dandruff, Itching Scalp and Baldness, Use Parisian Sage

What's the use of being bald? What's the sense in deliberately allowing your hair to thin out or become gray? You don't want to look old before your time. Premature baldness and gray hair are largely due to hair neglect, while a frequent scalp massage with the PARISIAN SAGE (liquid form) not only saves the hair but helps it to retain its natural color and luster. To keep youthful looking, you must give the hair proper care. PARISIAN SAGE is a scientific preparation that supplies all hair needs—it's just what you want.

Why not get a large bottle from the Red Cross Pharmacy today? It's not expensive and money refunded if it does not stimulate new hair growth, cure dandruff, stop falling hair or itching scalp. It will surely make your hair appear more abundant, bright and beautiful. Be sure you get the genuine PARISIAN SAGE, for this is free from stickiness, entirely harmless, and is a most refreshing and delicately perfumed hair invigorator. Any druggist can supply it.—Adv.

A VIRGINIA MONUMENT.

Erected for Ex-Confederates on Field of Gettysburg.

Gettysburg, Pa., June 8.—On the field of Gettysburg was assembled to-day a remnant of the army of the Confederacy, gathered here again and probably for the last time to witness the unveiling of the memorial which the state of Virginia has erected to its sons who took part in the famous battle.

Governor Henry C. Stuart of Virginia was to deliver the address formally turning over the monument to the United States government and it was to be accepted on behalf of the government by Secretary of War Baker or his assistant, if the secretary himself was unable to be present.

The ceremonies were to be simple, being opened about 2 o'clock with prayer by Rev. James Power Smith, once aide to "Stonewall" Jackson and last survivor of the staff of that great warrior.

An unusually large gathering of Confederate veterans for the occasion was made possible by the fact that the veterans were holding their annual reunion this week in Washington, only five hours away.

The monument, which is of heroic size, is surmounted by a statue of General Robert E. Lee mounted on Traveler, his famous war horse. About the base there is a group of seven figures representing all arms of the Confederate service. There are two boys, one a bugler of artillery and the other a cavalry corps bearer carrying the state flag of Virginia. One figure represents a farmer fighting side by side with one whose expression and bearing mark him as a prosperous business man. Beside an artilleryman with long hair, aquiline features and neglect of appearance, stands a stalwart mechanic, his musket firmly gripped to repel and attack. On the mechanic's right stands a man erect biting off the end of a cartridge, suggesting a type found among the professions, perhaps a doctor. Scattered about the ground are a shattered cannon, a broken wheel, a discarded knapsack, a hat, a swab and an exploded shell, indicating that the spot had been the scene of some desperate engagement.

F. William Sievers of Richmond is the sculptor who designed the monument. It was his aim to produce a military memorial which would differ from the conventional figures of soldiers grouped about a pedestal.

The Virginia commission in charge of the work includes Governor Stuart, Colonel W. Gordon McCabe of Richmond, Colonel Thomas Smith of Warrenton, Major H. A. Edmondson of Houston and Captain Stephen P. Read of Palmer Springs. The Virginia general assembly made an appropriation of \$50,000 for the memorial.

TO PROTECT U.S. FROM HER ALLIES

It Is Necessary, Says Food Administrator Hoover

CONGRESS IS URGED TO ACT

In the Interests of Providing Control Legislation

Washington, June 8.—Congress must protect the American food supply from her allies. With this warning from both President Wilson and Herbert Hoover, new food administrator, leaders of both parties turned to the food problem again yesterday as the most pressing difficulty ahead of the nation.

England's clamors for more food are growing louder, while the prices in this country climb higher and the labor man's demands for governmental action to reduce the high cost of foodstuffs become more insistent.

President Wilson has told Republicans and Democrats that ample powers must be given the food commission department or the allies will be coming to this country bidding for American food and hoisting prices out of sight.

Mr. Hoover says adequate machinery must be set up quickly—at once—to see that American markets are not raided and prices forced to a point of embarrassment to the American people.

"We must," he says, "protect ourselves from our allies in order to protect our own people and at the same time do all justice by the allies and all the service for them that we can."

Both the president and Mr. Hoover insist that the power of absolute requisition must be behind the food department.

Pressing demands from the allies for everything the United States can furnish, coupled with urgent appeals from the people of this country for legislation on the food question, is spurring action on the bill. The House agriculture committee in the interests of speed has struck out of its bill certain features that would stimulate long debate on the measure—the authority to fix maximum in prices and to standardize certain foodstuffs.

Mr. Hoover himself would not attempt to do any fixing except as a last resort to preserve the country's food supply. He believes, however, minimum prices might serve to stimulate production, and authority to fix minimum prices will be left in the measure when it is reported out of committee to the floor of the House early next week.

Already unrest at the food situation is beginning to be felt in Congress. Senators and representatives are receiving thousands of letters from workmen stating that their salaries are increasing less than one-third as rapidly as the prices in necessities, while the government is making greater and greater demands upon them.

"Let the government see that food is put under control," is the tenor of all letters. At the same time the allies are becoming somewhat restive over delay in Congress to get the food control department into action. Speeches in Parliament indicate that England will count heavily on exports from this country, but these cannot be available until the control department has been set up and machinery provided for conserving the

WOMEN OF MIDDLE AGE

Mrs. Quinn's Experience Ought to Help You Over the Critical Period.

Lowell, Mass.—"For the last three years I have been troubled with the Change of Life and the bad feelings common at that time. I was in a very nervous condition, with headaches and pain a good deal of the time so I was unfit to do my work. A friend asked me to try Lydia E. Pinkham's Vegetable Compound, which I did, and it has helped me in every way. I am not nearly so nervous, no headache or pain. I must say that Lydia E. Pinkham's Vegetable Compound is the best remedy any sick woman can take."

—Mrs. MARGARET QUINN, Rear 293 Worthen St., Lowell, Mass.

Other warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dizziness, impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness.

If you need special advice, write to the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

food supply here and at the same time arranging for bounteous help for the allies.

ARE TO DEVELOP OLYMPIC TRAINING SYSTEM IN SWEDEN

New York Athletes are to Be Coached in the Methods During the Coming Summer—First Fatality in Australian Prize Ring.

A broad development of the present Olympic training system now in vogue in Sweden is planned for the coming summer. During the past few years Coach Ernie Hjertberg has carried most of the work upon his own shoulders but as the popularity of track and field athletics increased it was seen that the task was rapidly outstripping the capacity of the original coaching staff.

Until recently Hjertberg has had but two assistants and it was impossible for them to cover Sweden thoroughly and give the Swedish benefit of steady coaching all summer. Hjertberg was compelled to travel from place to place to content themselves with one or two weeks' instruction during the whole season, and several promising towns, for lack of time, were neglected altogether.

In an effort to remove this handicap the Swedish A. A. U. made plans to install ten coaches, with Hjertberg as instructor and supervisor of their work.

These coaches, who were selected by the S. A. A. U., are all men who have had experience in athletics. However, practical experience in athletics was not deemed sufficient in order to qualify as a coach and it was therefore decided that they should receive a special course of instruction. This course covers all branches necessary for the making of a successful coach, and includes: Practical and theoretical coaching, training, first aid to the injured and hygiene, benefits of light gymnastic exercises, massage, how to lay out athletic fields and tracks and the care of same, and the organizing of clubs.

This teaching of the men in the organizing of clubs and the general methods used for this purpose is done with the thought that these coaches, who are to serve as members of the district organization in which they belong, will be in a position to advise and help in the formation of new clubs in their respective districts. When those men have completed this course and are deemed competent to handle the work intended for them, they will be sent to the different districts and each coach will have charge of the athletes' instruction in his district, under the supervision of Hjertberg.

What is thought to be the first fatality to occur in the Australian prize ring under modern administration, took place during a recent bout at Sydney. In the seventh round of a contest between bankweights one of the participants sank to the floor of the ring after receiving a short arm jab to the jaw. When he did not recover from the blow within a reasonable period the boxer was hurried to the hospital, where he died. Close followers of boxing at the ringside were puzzled at the result of the blow, which apparently carried little force. When an autopsy was performed it was discovered that the dead boxer had abnormally thin skull being of almost eggshell thinness in certain places.

One of the best performances shown at the far eastern Olympic games held recently at Tokyo, Japan, was a hundred yards trial heat in ten seconds flat by G. Saavedra, a Filipino sprinter. According to Americans who witnessed the event, Saavedra, with proper training, is capable of running the "hundred" in better than even time. In build he resembles Howard Drew with the exception that he is not quite as heavy.

Reports from all sections of the country indicate that unusually large crowds paid admission charges to various sport contests and exhibitions on Memorial day. In several cities the baseball attendance records were broken and the aggregate gathering at the big league baseball parks is said to have surpassed in numbers any previous holiday figures in the records of either the American or National league. Golf, tennis, auto and horse racing, boxing and minor sports all drew heavily. At one eastern tennis tournament where there was a voluntary contribution for the Red Cross in place of the usual admission charge, more than \$800 was collected.

Unremonstrous Departure. Officer: Is that soup ready, Jones? Officer's Servant: No, sir, the gas stove went out, sir.

Officer: Went out? Then why don't you light it again? Officer's Servant: 'Cos it went out by the roof, sir.—London Opinion.

Topics of the Home and Household.

Old black cotton stocking legs make good furniture polishers.

If you have johnny cake made with eggs for breakfast it is not necessary to serve eggs in any other way.

To remove perspiration stains from your clothes, soak the garments in strong salt water before laundering them.

When mixing mustard add a pinch each of salt and moist sugar and mix with boiling water. It will keep moist much longer and improve in flavor.

Few vegetables will stand reheating well, for it ruins their flavor. Instead we use leftovers for a vegetable soup. Cold carrots, parsnips, asparagus, corn, squash, spinach, tomato, celery, onions, peas, lima and string beans and even cold mashed potatoes make excellent soups.

To clean a light cloth suit, buy two large blocks of magnesia. Lay the suit on a sheet on flat surface and rub into the garment as much magnesia as it will hold. Do both sides. Lay article away in sheet for a week or more. Then take up, shake and brush, and the suit will be much cleaner and fresher.

Old-Fashioned Cough Candy.

An old-fashioned cough candy that has been a favorite for years in one family, at least, can be made by soaking a gill of whole flaxseed in half a pint of boiling water. Into another dish put a couple bits of slippery elm and cover completely with the boiling water. Strain the two after two hours into a pan containing one and one-half pounds of sugar. After the sugar is all melted boil till it turns to candy. After it has been boiled about 10 minutes add the juice of two lemons. Pour on greased platter and cut into squares.

Recipes.

Light Raisin Cake—One cup butter, two cups sugar, three eggs, one cup milk, four cups flour, one cup seedless raisins, four teaspoons baking powder. This will make two loaves.

Raisin Salad (very fine)—One cup celery cut in pieces, one-half cup walnuts cut in pieces, one-half cup chopped raisins. Combine and serve on lettuce leaves with mayonnaise or cream dressing.

Potato Balls, a La Maitre d'Hotel—Wash and pare the large potatoes and shape in balls (using a French vegetable chopper); there should be two cupfuls. Cook in boiling water until soft. Drain and spread over margarine butter.

Chocolate Pudding—One quart milk, one and one-half ounces grated chocolate, a little cold water, six eggs, one cup sugar. Put the milk to boil, take the grated chocolate, and milk with a little cold water; then stir it into the milk and set it to cool. When nearly cool add beaten yolks of the six eggs and the whites of the two eggs. Flavor with vanilla and bake until of the consistency of custard. Beat whites of the eggs to a froth. Add six spoonfuls of sugar; put it on lightly and brown in the oven.

Cream Puffs—One cup of boiling water, one-half cup of butter melted in water, while boiling add one cup of flour, stir constantly for three or four minutes to make smooth. The flour should be sprinkled in a little at a time with one hand, stirring with the other. When cool add three unbeaten eggs. Drop the desired size into buttered pans. Bake 25 minutes.

Filling: One cup of milk, when boiling add one-half tablespoon cornstarch mixed smooth in milk, one egg, two tablespoons of sugar and flavoring. Put into puffs while warm; vary by adding chocolate, or one-half cup of desiccated coconut, or may be filled with whipped cream.

Dutch Apple Cake—Sift together two cups flour, one-half teaspoonful of salt, one scant teaspoon sifted soda and two level teaspoons cream of tartar; with the tips of the fingers work in one-fourth cup of butter, beat in an egg, add a cup of milk and stir into the dry ingredients, turn into a buttered pan, spread evenly and press into the top of the dough apples pared and quartered. Sift three tablespoonsful sugar and one of cinnamon over the top. Bake and serve with butter, a hard sauce or a hot pudding sauce. Peaches may be used in the place of apples, and three level teaspoons baking powder in place of soda and cream of tartar.

Caramel Bread—Beat together a half cup of molasses, a half cup of brown sugar, a tablespoonful of melted butter, two tablespoonsful of cinnamon and one of ginger. When this mixture is pale yellow in color, add a cup of sour cream, a teaspoonful of soda dissolved in hot water and two and a half cups of fine oatmeal, to which has been added a teaspoonful of salt. Beat hard and bake in small tins. Eat while fresh.

Fig Pudding—Soak a cupful of fine bread crumbs in two cups of milk for half an hour. Into this beat three well whipped eggs, a pinch of salt, a quarter

cup of sugar, and a half cup of butter melted in water, while boiling add one cup of flour, stir constantly for three or four minutes to make smooth. The flour should be sprinkled in a little at a time with one hand, stirring with the other. When cool add three unbeaten eggs. Drop the desired size into buttered pans. Bake 25 minutes.

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FRECKLES

Now Is the Time to Get Rid of These Ugly Spots

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of ointment—double strength—from any druggist and apply a little of it night and morning, and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful, clear complexion.

Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

of a teaspoonful of cinnamon, half a cup of granulated sugar, and two tablespoonfuls of powdered suet. Stir hard for a minute and add a couple of minced figs, thoroughly dredged with flour. Beat hard again and turn into a pudding mould. Cook for three hours.

Dorothy Dexter.

LOOK OUT FOR THIS POISONOUS PLANT!

Cicuta, Widely Distributed, Is Sometimes Fatal to Man and Domestic Animals.

Many deaths, both of human beings and domestic animals, are caused every year by cicuta, or water hemlock, a poisonous plant. It is the most violently poisonous of temperate region plants, yet it is not generally recognized. Learn to know it and look out for it! A warning has just been issued by specialists of the U. S. department of agriculture in the form of a circular from the bureau of animal industry, "Cicuta (Water Hemlock) as a Poisonous Plant," which describes this plant and gives remedies, though cases among domestic animals must be considered as practically hopeless so far as treatment is concerned.

Cicuta is widely distributed. Unfortunately, it resembles a number of harmless plants and is not easily recognizable. It belongs to the same family as carrots and parsnips. It has a number of popular names, of which the most common is "cowbane," or "water hemlock." In the mountain regions of the West it is frequently called "parsnip" or "wild parsnip." Other names, less common, are "snakeroot," "snakeweed," "beaver poison," "muskroot weed," "spotted hemlock," and "spotted parsley."

The plant grows in wet places and is especially common in some parts of the West along irrigating ditches. It has a thickened rootstock with roots which sometimes take the form of a group of tubers. The cicuta is most readily distinguished from plants of similar appearance growing under the same conditions by the transverse chambers in the rootstock. These can be seen by making a longitudinal section. Further description, except by botanical terms, is difficult, but the circular mentioned presents illustrations that make recognition easier.

Only the root of cicuta is poisonous. Cases of poisoning are more frequent in the spring, partly because the roots are more likely to be noticed at that time and partly because they appear to be

more poisonous than later in the season. Occasionally stock finds the roots when they are washed out by high water in small streams. Farmers in their plowing sometimes bring to the surface a considerable number of roots and these are eaten by cattle, with resulting sickness and death.

In cases of the poisoning of human beings the recognized treatment is to give an efficient emetic, followed by a cathartic. Some form of opium may be given to control the convulsions when they are violent. If free vomiting is promptly produced the patient is likely to recover.

It is obvious that ruminant animals cannot be treated in this way, for the effective clearing of the stomach is impossible. While hypodermic injections of morphine may be used to aid in controlling the convulsions and a purgative may help in eliminating the poison, ordinarily the convulsions are so violent that nothing can be done for the animal.

So far as livestock are concerned, about all that can be done must be in the way of prevention. If the land is plowed where the plant grows, care should be taken that no roots are left where stock can get at them. Where the plants grow in great abundance, as they frequently do along irrigating ditches, it is desirable to dig them out. When this is done the roots should not be left on the surface, but should be destroyed. It is seldom that stock are poisoned when grazing, unless they graze along the ditches, where the plants sometimes grow almost in the water with very little soil and can easily be pulled up.

Perhaps there is no way to prevent some cases of poisoning of children. Something might be accomplished, however, if parents and teachers would attempt to make clear to children the danger of eating strange roots.

Chicago, June 8.—Thirty-two persons were known dead yesterday and 200 injured as the result of tornadoes sweeping four states in the last 48 hours. The property damage was estimated at \$2,000,000 to \$3,000,000.

In Michigan three persons were killed and 30 injured by a tornado which swept the southern part of the state from Jackson nearly to Detroit late Wednesday.

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Very Severe Case Of Dandruff. Itching Was Terrible. Lost Sleep. Healed By Cuticura.

"For several months I was troubled with a very severe case of dandruff which greatly irritated my scalp. The itching was terrible, causing loss of sleep, and sore eruptions formed that caused untold agony. Scales appeared and my hair lost its gloss and became dull and dry."

"At last I heard of Cuticura Soap and Ointment so I purchased a box of Cuticura Ointment and used it constantly on my scalp, and I also used the Cuticura Soap to wash my hair. I continued, and at the end of another week I was 'completely healed.' Since then I have not been bothered with any skin or scalp trouble."

(Signed) Miss M. E. Gammons, 322 Commonwealth Ave., Attleboro Falls, Mass., Sept. 27, 1916.

If your skin is already healthy and clear, keep it so by using Cuticura Soap for toilet purposes, assisted now and then by touches of Cuticura Ointment to soothe and heal any tendency to irritation, redness or roughness.

For Free Sample Each by Return Mail, address post-card: "Cuticura, Dept. R, Boston." Sold everywhere.

day. The property loss was estimated at \$1,000,000.

Five persons are known to have been killed and a score injured by a tornado which struck Breckinridge, Ky., Wednesday.

A series of tornadoes in Missouri and Kansas took a toll of 15 lives in the former state and nine in the latter. The injured number more than 150. The damage was believed to exceed \$2,000,000.

DAYLIGHT SAVING IN CANADA. Dominion Government Will Set Clocks Ahead One Hour.

Ottawa, Ont., June 8.—"Daylight saving" throughout Canada is to be inaugurated soon. The government gave notice yesterday of legislation to set all clocks ahead an hour on a day to be stated later and keep them so throughout the summer.

distress after eating

Nature's way of telling you that your digestion is out of order. Proper diet and a good tonic will correct most cases. Like every other organ the stomach depends on the blood for its energy and its action is controlled by the nervous system.

Dr. Williams Pink Pills for Pale People

make the blood rich and red, strengthen weak nerves, tone up the stomach, improve the appetite and restore normal digestion. Be sure and write today for a copy of our valuable Free Diet Book

Your own druggist sells Dr. Williams Pink Pills or they will be sent by mail, postpaid, on receipt of price 50 cents per box, or six boxes for \$2.50 by the Dr. Williams Medicine Co., Schenectady, N. Y.

Electric Lighting

Is One of the Things Everybody Can Afford

Do not think that electric light is a luxury which only a few can enjoy---with the use of Mazda Tungsten lamps, it is more economical than even candles or kerosene lamps.

Moreover, house-wiring is such a simple thing that for very little money, and in a few days time, your home can be wired throughout. Why go through another hot summer without the comfort and economy of electric service?